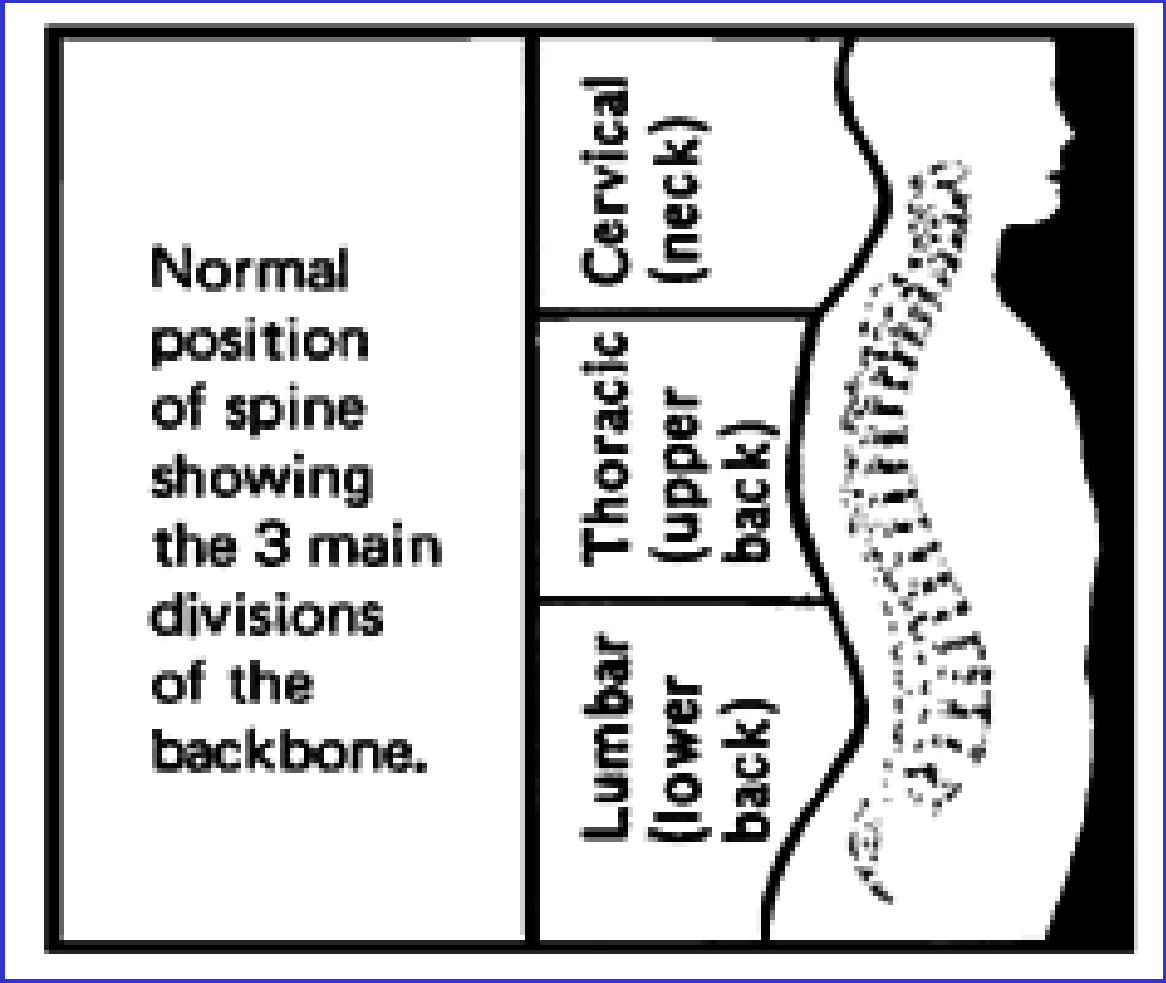
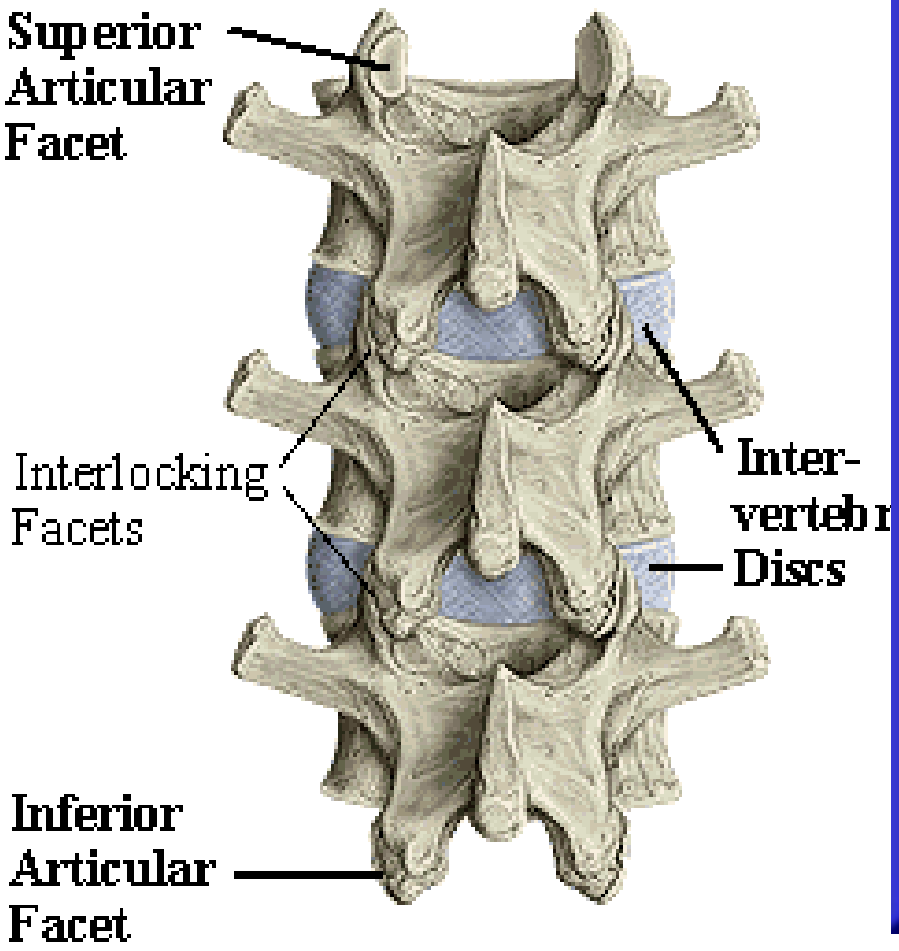
Prevention and Management of Low Back Pain

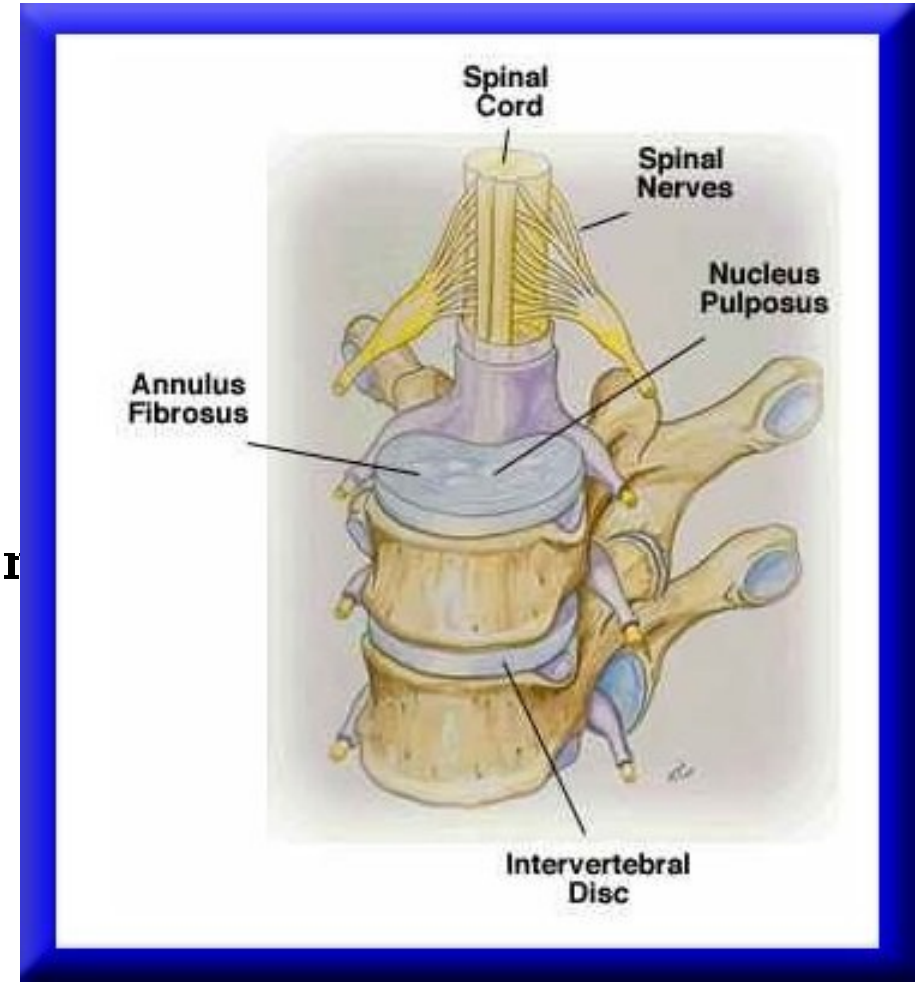

Normal position of spine showing the 3 main divisions of the backbone.
Cervical (neck)
Thoracic (upper back)
Lumbar (lower back)

INTRODUCTION

1. 80% OF ALL ADULTS WILL EXPERIENCE AT LEAST ONE SIGNIFICANT EPISODE
2. EXPENSIVE-$20 BILLION PER YEAR & 40-50% LOST WORK DAYS
3. RECENT RESEARCH- 90% OF LBP EPISODES RESOLVE IN 6-8

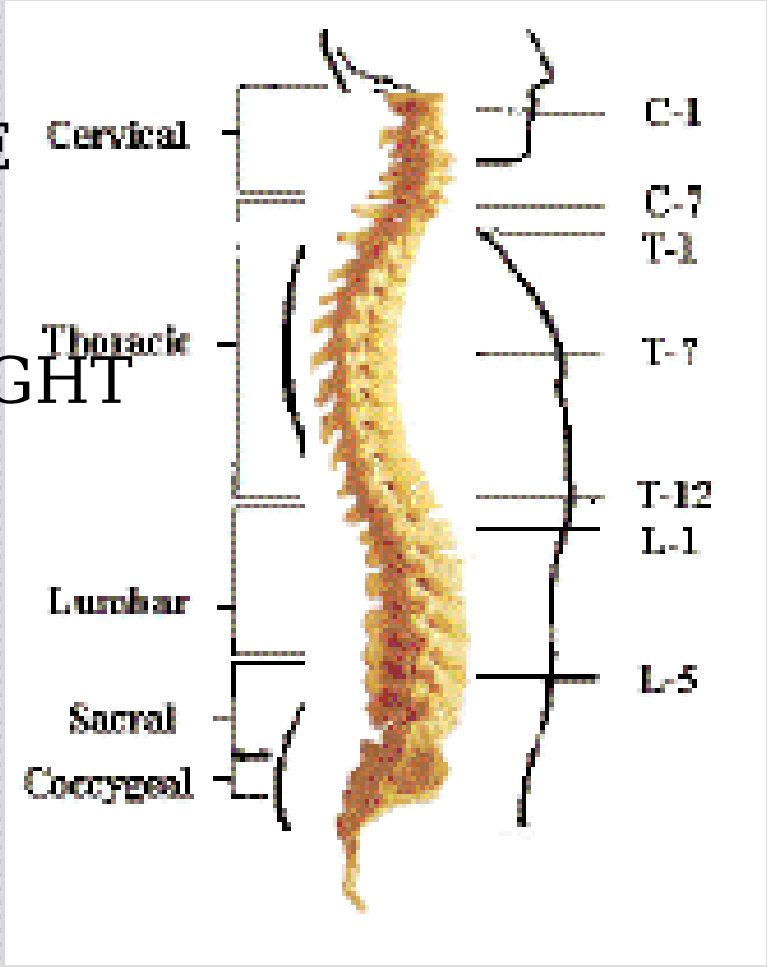
ANATOMY


Superior Articular Facet
Interlocking Facets
Inter-
vertebr
Discs
Inferior Articular Facet


Spinal Cord
Spinal Nerves
Nucleus Pulposus
Annulus Fibrosus
Intervertebral Disc

NATURAL CURVES

ESTIMATED THAT THE SPINE IS 16 TIMES STRONGER WITH THE NATURAL CURVES THAN IT WOULD BE IF IT WERE A STRAIGHT COLUMN.

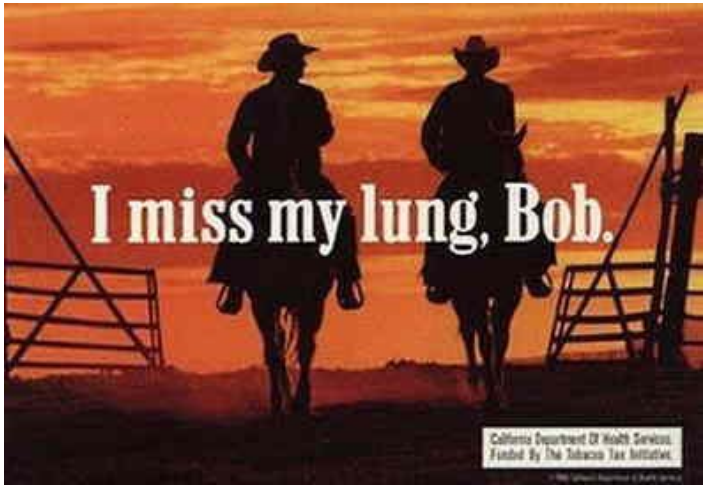


RISK FACTORS

- POOR POSTURE

- IMPROPER LIFTING TECHNIQUES

- SMOKING



RISK FACTORS

- POOR PHYSICAL FITNESS

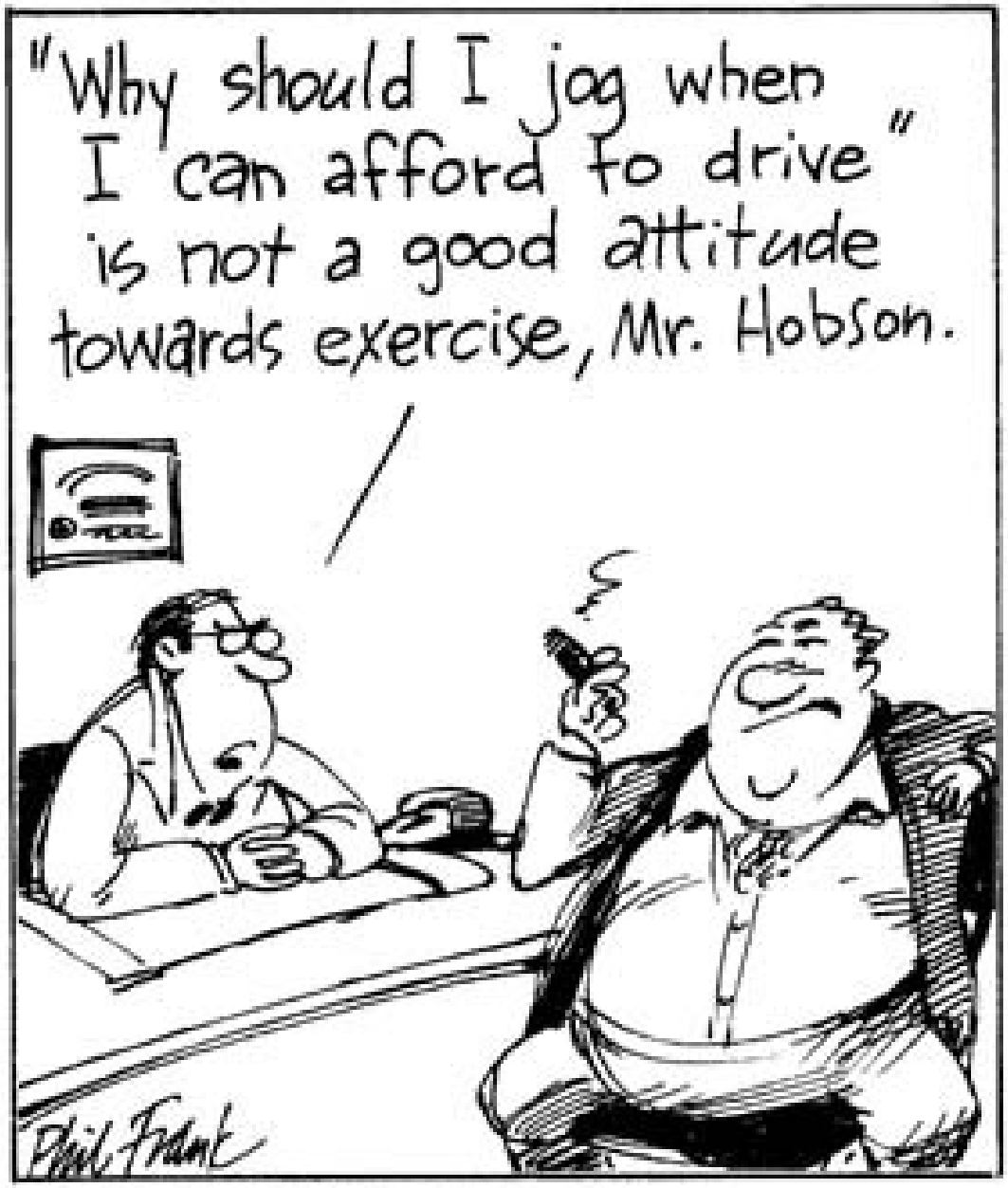
- STATIC POSITIONS

- LONG EXPOSURE TO VIBRATIONS

RISK FACTORS

- WORK DISSATISFACTION

- DEPRESSION/HIGH STRESS



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RULES FOR GOOD BODY MECHANICS AND LIFTING

- PLAN LIFTING MOVEMENTS
- CLEAR AREA OF CLUTTER
- TEST THE LOAD
- KEEP THE WEIGHT CLOSE TO THE BODY
- USE A WIDE BALACED STANCE LIKE A POWERLIFTER
- BEND KNEES
- SET/TIGHTEN ABDOMINAL AND BACK MUSCLES
- LIFT USING LEGS AND STAND UP IN A SMOOTH MOTION

RULES FOR GOOD BODY MECHANICS AND LIFTING

- AVOID LIFTING MORE THAN 35% OF ONE'S BODY WEIGHT WITHOUT HELP

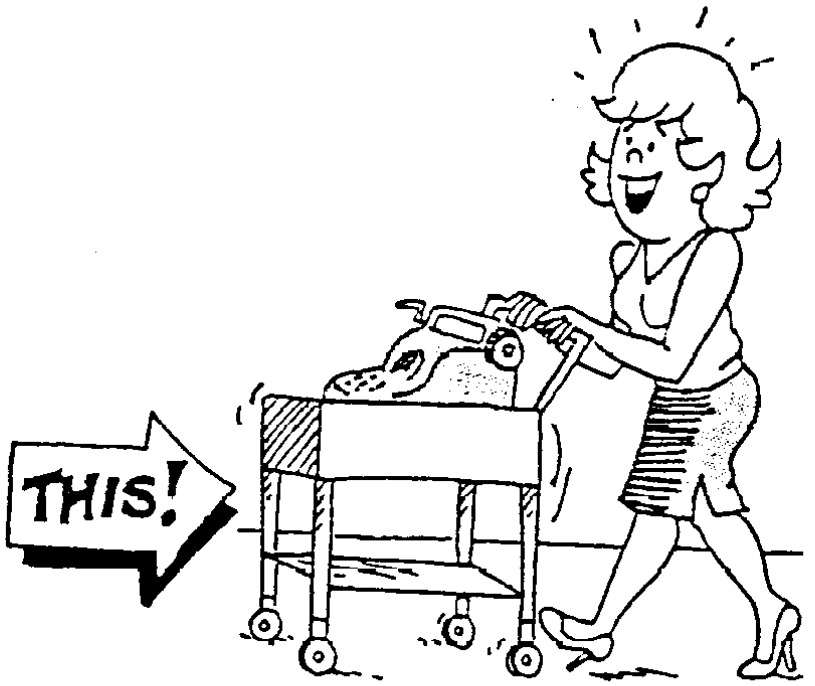
YOU THOUGHT I RAN OUT OF PICTURES BUT I DIDN'T!

BAD

NOT SAFE

BAD

GOOD



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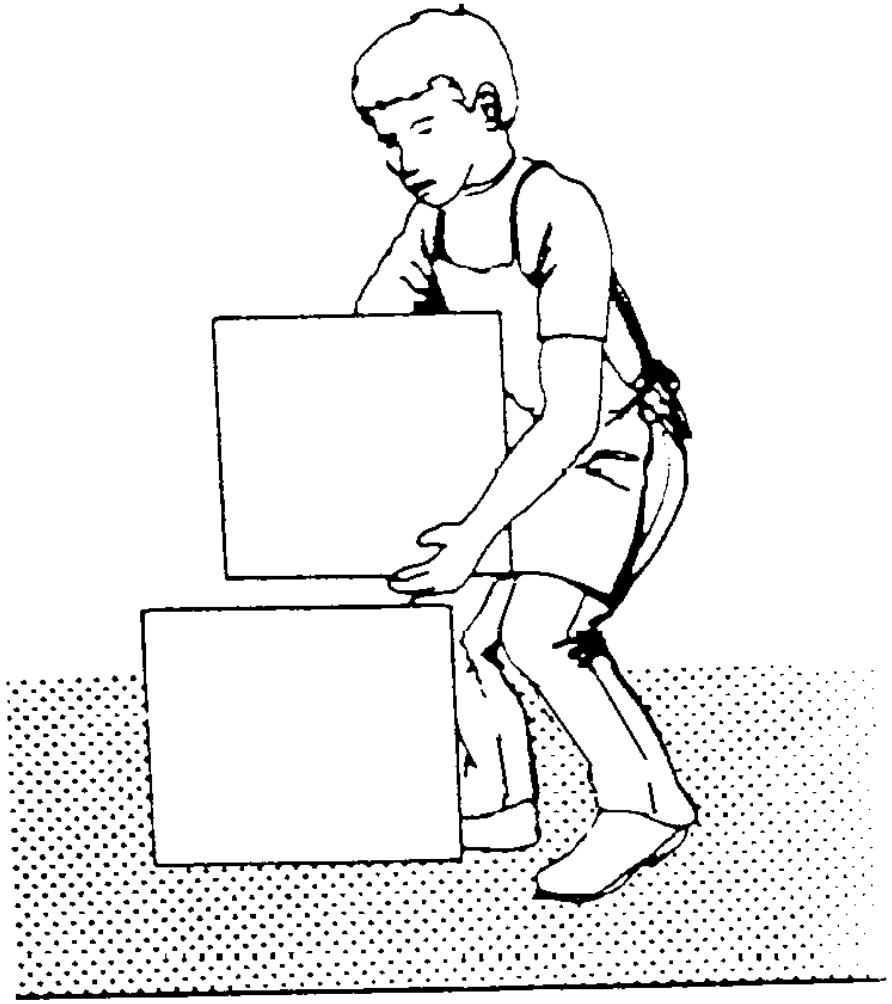
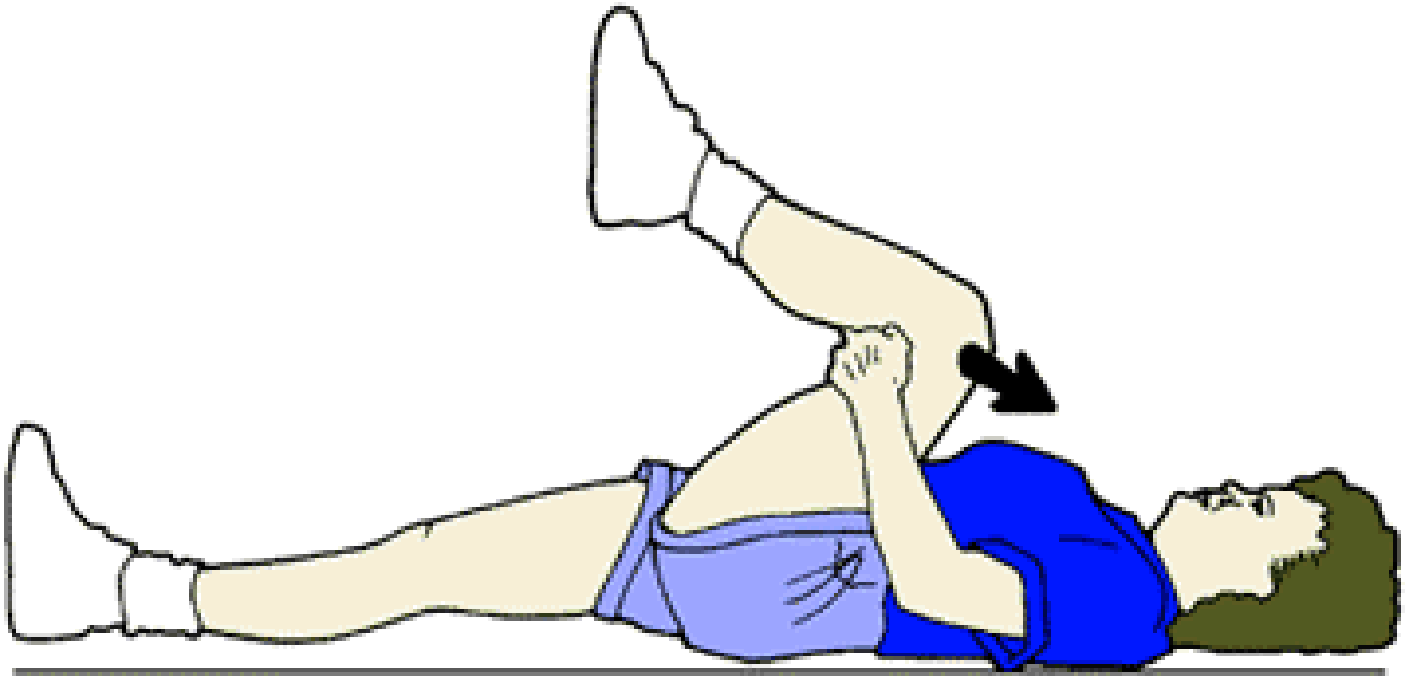
KEEP BACK STRAIGHT BEND AT KNEES LIFT WITH LEGS

PERFECT



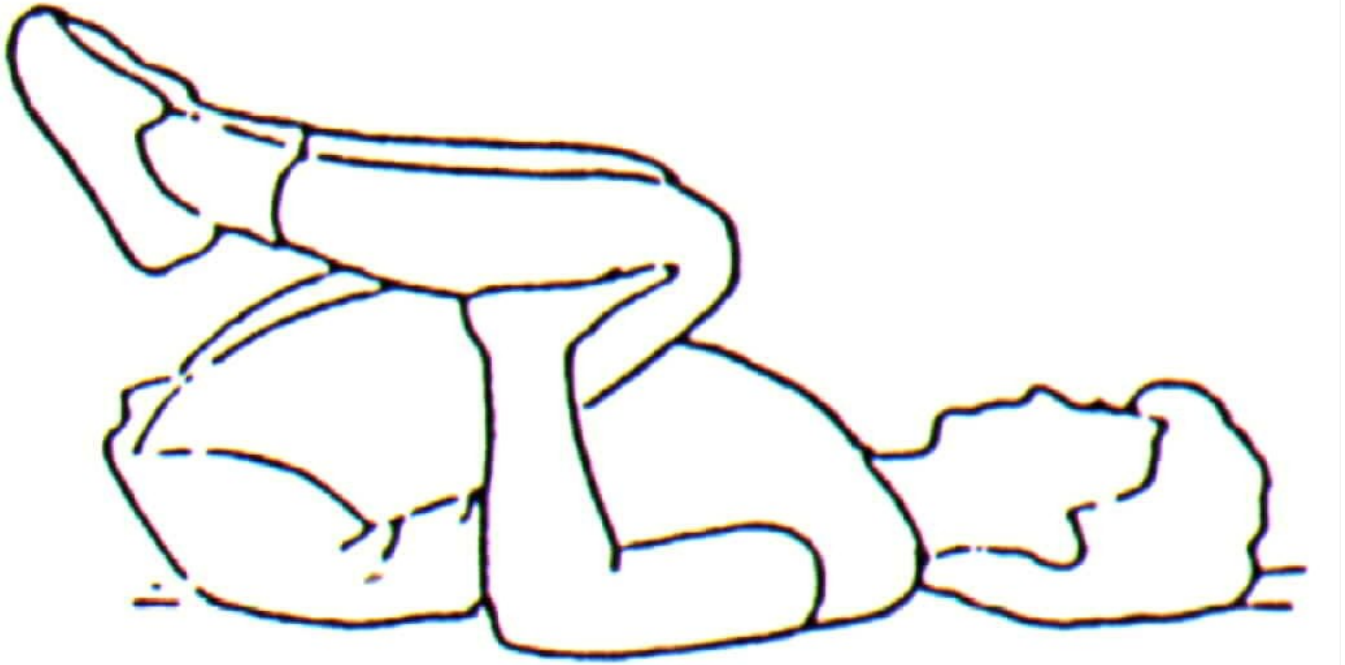
LOWER BACK STRETCHING

SINGLE KNEE TO CHEST



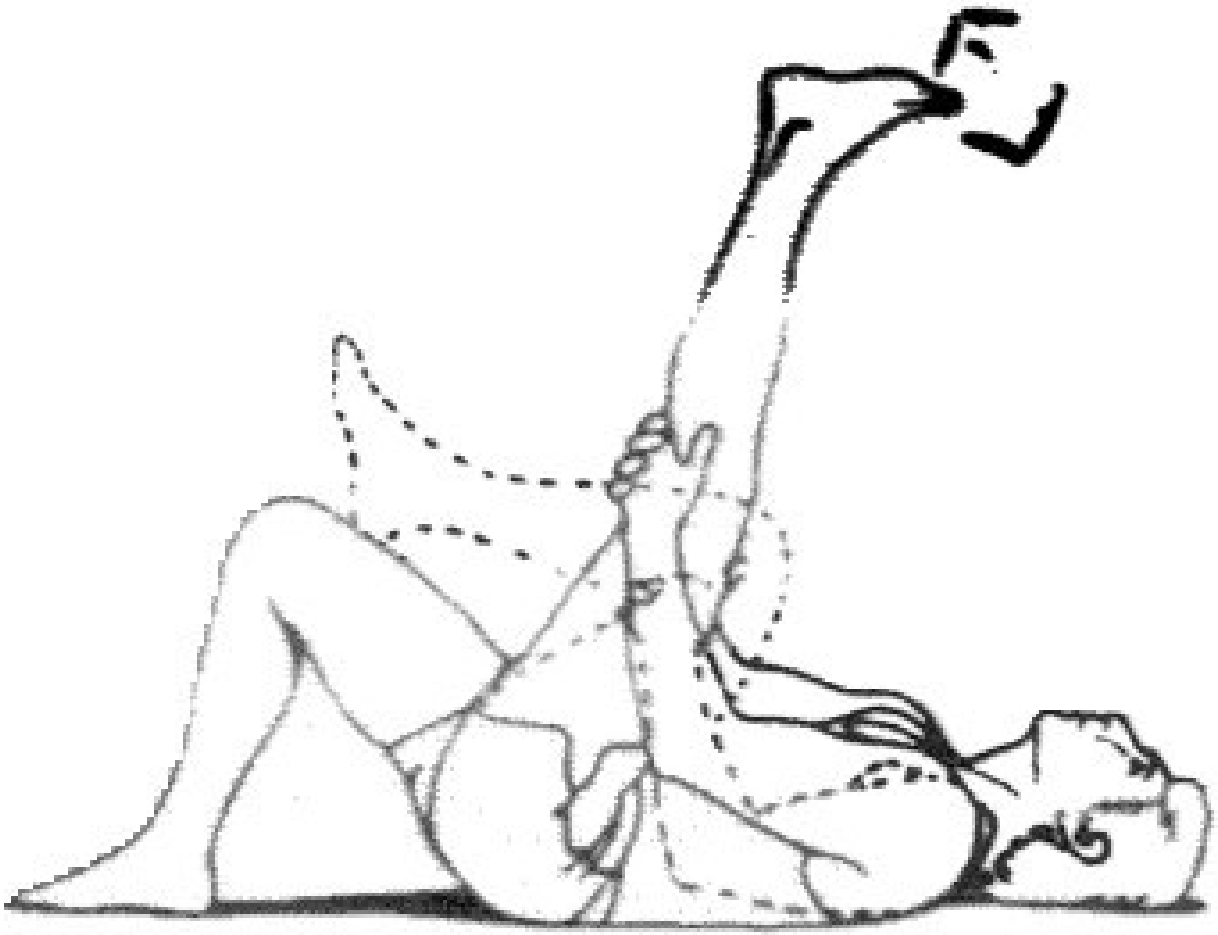
LOWER BACK STRETCHING

DOUBLE KNEE TO CHEST



LOWER BACK STRETCHING

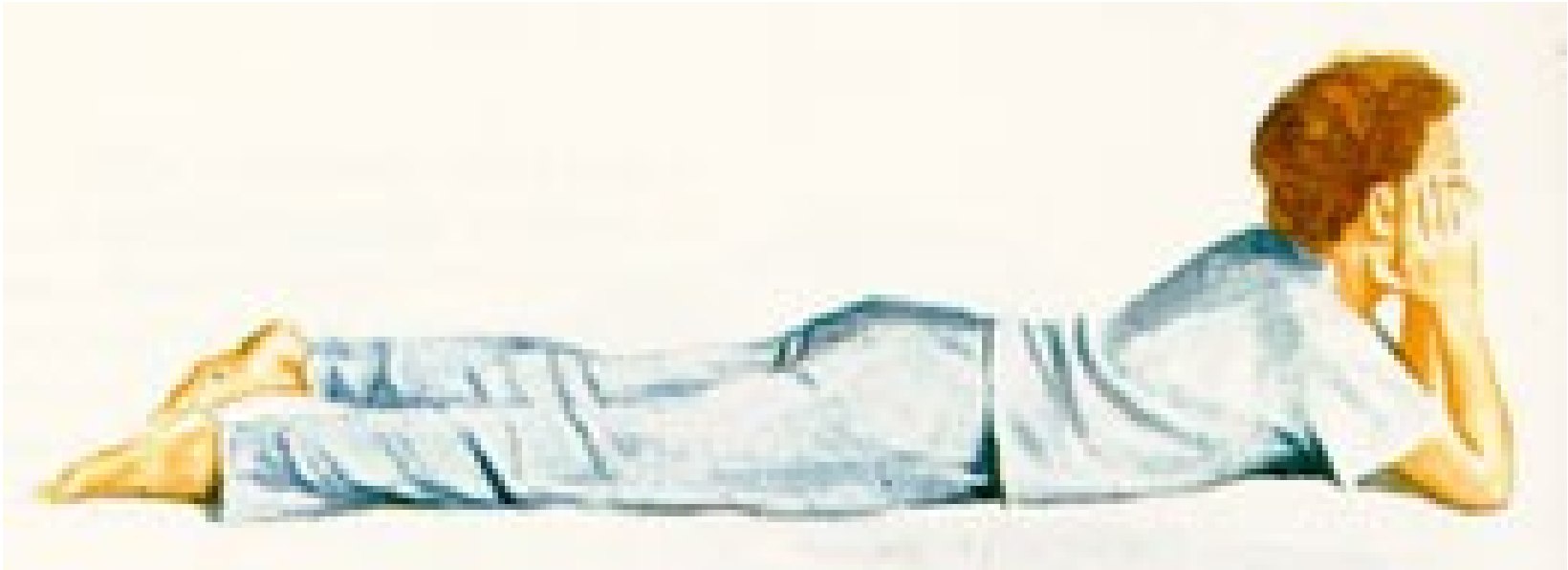
HAMSTRING STRETCH



LOWER BACK STRETCH

LUMBAR ROTATION STRETCH

LOWER BACK EXTENTION EXERCISE



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ANY QUESTIONS?